Using Stones in Acupuncture

Lecture: Jeffrey Yuen 3/5/06

Information derived from Li Shi-Zhen's Ben Cao Geing Mu

Stones are permanently healing because they are strong. The veins that you often times see in stones can be equated to meridians, and as such can conduct meridians in the body. If there are no lines in the stone, these stones can work directly on acupuncture points. It is preferable to use stones that contain lines as they do work on the entire meridian system. They are living entities that are constantly evolving. Some stones are old stones such as Jasper and some are emerging stones such as Cat's eye. Stones do not contain Shen per say only a Soul (Hun).

Water (Rain) that falls on the Earth from Heaven, and is seeped into the Earth's surface; along with water that is intrinsically in the Earth, create the appearance of dullness in the stones. Fire that emerges from the thermodynamics of the molten Earth combined with sunlight creates shiny/lustrous stones. Together, water and fire begin to polish stones. This mixing of environmental forces and progression creates gems and crystals. Gemstones are very hard and can produce extremely strong affects that may be difficult to undo. The more water the stone absorbs the clearer it is and contains more Yin energy. The more fire a stone absorbs will be shown through bubbles and clouds in the stone and contain more Yang energy.

Flat stones equally absorb energy from within the body and disperse it. Stones with a pointed and flat side: Pointed side is good for brining energy from God (celestial) and conducting it into the person (i.e. to break up phlegm or stagnation); Flat side is good for bringing energy out of the body and dispersing it (i.e. heat). Pointed side is analogues to Qi being directed into the body. The flat side is Qi being absorbed from the body. When you hold the stone you want to hold it from the middle like a Moxa stick because if you place your hand too closely on either end you could conduct negative energy or use your own energy. You want to leave both ends open to conduct Qi easily and unobstructed.

Beginners should consider using a stone that is pointed on both sides as it contains a more even distribution of Qi. Clear Quartz is also good for beginners because they conduct intentionality.

Dynamics of 5 Minerals (Metals) *<side note>* All stones are Salty

1. Gold (Jin): Indestructible, cannot be contaminated, allows you to interact with stone as it will capture your essence

   Internal: Strengthen marrow, bones, Jing, helps to absorb heat, clams Shen, pacifies Hun, infantile seizure, palpitations

   Property: Spicy & neutral

   Incompatible: Tin, will also neutralize Mercury

   Alchemy: Can soften gold by soaking it in Sea Salt

   Platinum is good for endurance and strengthens the affect of stones

2. Silver (Nin): Best silver found next to dark stones

   Internal: Heat, palpitations, calm Shen, very dispersing, used on Xi-Cleft pts for acute conditions, clears away inflammation that causes confusion, works well at blood level for stagnation, helps cultivate knowledge

   Property: Cold & slightly toxic when taken internally

   Incompatible: Gan Cao, thistle, arsenic, Magnetite, and is a highly reactive metal

   Alchemy: Lotus leaf can soften it

   Ingestion: Enhanced with Gui Ban & Sheng Jiang. You can prepare with Chang Bai to prevent miscarriage

Topical: You can rub it on the face for acne until face gets very hot; will first irritate the skin but then will heal.

3. Copper (Tong):

Internal: Expel wind, epilepsy, seizures, exogenous pathological factors, acute conjunctivitis, mends something that is broken, breaks away rigidity, good for someone going through a loss of some sort or a difficult time in their life

Property: Bitter & slightly toxic

Alchemy: Soak copper flakes in wine for 1 day, fry in Earthware, when copper sparkles & becomes a powder you can take it internally

Ingestion: Enhanced with Xuan Chu

Other forms of Copper

Zi Ren Tong (Natural Copper):

Internal: Mends broken bones, stabilizes loose teeth, grade ginger with copper coin and save juice, apply to eye for acute conjunctivitis

Pyrite: Zi Ren Tong that has been subjected to extreme water and fire and has become copper crystals

Internal: Powder breaks up ALL accumulation & mends broken bones

Preparation: Soak in Gan Cao decoction for 24 hrs, sun dry for ½ day, hammer, take powder & soak in vinegar over night, place

in ceramic container, put in oven, bake for 72 hrs, and soak in vinegar for 7 days

Bronze reduces Yang Qi and milder compared to copper

4. Tin (Xi):

Internal: Internal wind, endogenous pathogen, seizure, convulsion, epilepsy, clears fire toxin, syphilis, cancer, contamination at Jing level

Property: Sweet, cold, & slightly toxic

Ingestion: Can stay long in the body with Sheng Di, Shu Di, or Wu Ling Zi

5. Iron (Tie):

Internal: Relaxes & soothes muscles

Property: Spicy, neutral, & toxic

Incompatible: Leechy nuts

Ingestion: Cinnabar & mercury enhance affect

Alchemy: Ci Shi (Magnetite) transforms into iron 200 years

Preparation: Sheng Tie in cast iron used for blood stagnation & rectal prolapse, powdered it calms Shen & treats insect bites. Mixed with vinegar can specifically treat centipede bites. Further refined become steel which can regulate Qi.

Magnetite: Hypertension

Meteorite: Calms shen

<side note> Old saying – Magnetite transforms into iron 200 years, Iron transforms into copper 250 years, Copper transforms into platinum 250 years, Platinum transforms into Gold 250 years. Turning iron into gold (Alchemy)

Stones (Shi)

Constitution

- Mineral composition - Based on Mohr's scale 1-10 (1 being very soft, 10 being very hard) Stones are usually a 7
- Color – Must have natural color No Dye
- Clarity – More water will be more translucent, More fire will be more cloudy and speckled
- Shine/Luster – Indicates the degree of conductivity. The shinier the more conductivity
- Shape – Should have 7 sides or in a cluster of 9, rounded, pointed, either or, or both

It is recommended to use more crystals that belong to the Quartz family such as: Agate, Citrine, Bloodstone, Smokey Quarts, Chameleon, Rose Quartz, Petrified Wood, Clear Quartz, Onyx, and Tiger's Eye.

Trinity:

Wei Qi	Heaven (Yang Qi)	Gemstones should be encased in some type of metal (i.e. Gold). Temple of Heaven is the neck. Window of the Sky points in connection with Jing Well pts.
Ying Qi	Humanity (Ying Qi)	Helps us understand ourselves in relation to Heaven & Earth (i.e. Tourmaline)
Yuan Qi	Earth (Yuan Qi)	Absorbs nutrients, fire, liquid, helps maintain harmony with Earth

Cleansing stone:

- Soak in alternating hot & cold water (5 min. each) & repeat 10 times
- Soak in Sea Salt over night leave in sun the next day to dry
- Bury the stone outside in the Earth where it will be indirectly exposed to direct sunlight

Important – Soak in mineral water initially when you purchase the stone or when it is given to you, then do one of the above steps. The affect of the bubbly water will radically expel any unwanted residual energy

Stone energy water:

- Let whatever stone you are intending to use soak in water for ½ day then drink it
- Drink 1 cup of water per day for 3 days unless otherwise instructed

Water Properties:

- Distilled – Clearing
- Spring – Moistening, especially for Exogenous Pathogenic Factors
- Mineral – Pulls out negative energy from stone
- Well – Nourish St Yin
- Artesian (Rain Water) – Phlegm Damp
- Mountain – Nourish Yin
- Thermo (heated) – Tonify Qi
- Waterfall – Moves blood for blood stagnation
- Morning Dew – Shen disturbance

Other Stone Facts:

- A line directed toward the tip is very good to use on acupuncture pts directly
- Clouds in them are good for Yang xu as they are warming
- Clear stones are good for nourishing Yin
- Stones that are clear at the top and bubble at the bottom can be equated to water above fire below and can treat applicable pathologies
- Wands that are wrapped in copper coil are good for treating Wei Qi
- Wands that have a straight rod are good for conducting blood, yin, or Qi
- Stones that contain water deposits (guardians) in them should be used for personal meditation (i.e. Opal has guardians in it. Encased in gold it is good for teachers)
- Some stones are intended to serve as messengers from heaven

How Yang is connecting with Yin:

R O Y G B I V

Yang Fire ↓ Yin Water

Dividing line conductivity begins to decline

Types of Stones

Jade: Sweet, neutral Qi, mysterious

Internal: Clears St fire, asthma, very descending, restlessness, quenches thirst, hunger, also goes to Lu

Decoction: Soften Jade by cooking it with 2 toads and rice. Liquid that is derived from this is called Jade Spring and is good for treating Diabetes. Use the water you collect from the morning dew (place pan under plants and scrape dew off leaves)

Lavender Jade: Benevolence (Ren) benefits humanity, family & household

Light Pale Green: Righteousness (Yi) morality, absolute (Shao Yang conditions), detoxifies LV when working with patients with severe Shen disturbances

Yellow: Knowledge, wisdom (Zhi) teacher, someone who has a mission

Nephrite: Loyalty, honor (Zhong)

Decoction: Cook with Di Yu (15g.) will lead to immortality, good for gynecological problems, blood stagnation, and improving vision

White: Clarity, scholar, tonify Qi, infertility, sensory orifices, tonify Lu Qi, promotes youthfulness, tonify Jing

Extras: Ancestry, eternity, transformation, Very receptive to water, Cultivates benevolence (Ren), Connects Yin & Yang, Long term consumption of Jade lightens the body

Coral (Shan Hu Doorway to the mountains):

Red Coral: Sweet, neutral

Internal: Breaks up blood stagnation, calms Shen, seizure, epilepsy, convulsions, glaucoma, in powdered form stops bleeding

Agate (Blood of Demons, Brain of Horse): Spicy & cold

- Best ones have images
- Calms Hun

Internal: Cleans blood stagnation, detoxifies blood, stimulates Wei Qi, works on the Lungs and Liver, Good for exterior conditions used on the Sinew Meridians

Acupuncture: Heat up & and move stone in a wave-like formation directly on Jing Well pts. to clear PF, especially those moving into the blood level such as infection disease, Apply on KD 1 to help drain dizziness & vertigo by walking on it for 20 minutes (stone should contain cloud like formation within), Place on Du 20 to help accentuate one's vision or used in astral projection

Guardian Agates: Used on Window of the Sky pts.

Calcitum/Calcite (Han Shui Shi): Spicy, sweet, very cold, clear & translucent

Internal: Wind heat, internal heat, calms Shen, St fire, improves eyesight, strongly regulates Qi, inflamed joints, multiple sclerosis, helps bring Ca to bones, cools blood heat

Decoction: Soak in water, drink, clears fever and can be used for topical burns

Extras: Iceland Spar not good to use, neutralizes toxins from croton beans, antagonizes Selenite, Sulfur enhances

Blue Calcite: Reduce blood pressure, use on Lv 2 & Lv 14 for anxiety

Green Calcite: Wind heat due to a bacterial infection, cooked with distilled water can be used for Hot Bi syndrome

Extras: Fastest working stone as it conducts water energy the quickest

<u>Selenite</u> (Xuan Ying Shi): Spicy, sweet, warming

Internal: Wind cold, wind damp, Bi-syndrome, goes to blood level, ingested used for cold in the lower jiao, amenorrhea, scanty menses, warms & invigorates Du Mai, induces enuresis, encourages growth in children if mom wears it while she is pregnant and breast feeding

Desert Rose: Clears cold @ the blood level , seizures, convulsions, for disturbed Hun use on Ub 47

<u>Quartz</u> = Lungs

1) **White** (Bai Ying Shi)

Internal: Regulate Qi, dyspenia, opens diaphragm, relieves tightness & constriction in diaphragm, taken internally tonifies Lu Qi, wind- damp summer heat, diabetes when mixed with other herbs

Contra: With seaweed

2) **Quartz Crystal** (Shui Jing): Spicy & cold

Internal: Very powerful on Ub shut points (message or tap on the point, burn moxa over the crystal while the crystal is on the point)

Instructions: Get loose moxa, create a bed of it, place crystal on the bed of loose moxa, and put it out in the sun.

3) Rose Quartz

Internal: Move blood by moving Qi, Ht blood stagnation, angina, palpitations, hemoptysis (reverse direction of quartz), works well with Ub shu pts., menses, cold limbs (circulation), headache due to blood stasis. Good point to use on Sp 10 with tip pointed toward it

4) Yellow Quartz

Internal: Undigested food, Ub shut pts., bloating, flatulence, fatigue, lethargy, moves bowels, nourishes post natal Qi. Good point to use on Sp 3 with tip pointing toward it

5) Smokey Quartz

Internal: Asthma, spermitorrhea, incontinence, Kd Qi xu,. Good point to use on Ub 23 & Kd 3

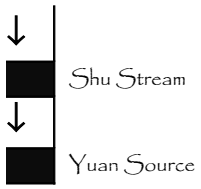
Extras: The more Yang you want the stone the more clouds there should be in it, rounded stone moves Qi in and out

Shu-Stream Points Vs. Yuan Source Points

To activate Shu Stream points using acupuncture you should needle with the meridian or against it.

To activate Yuan Source points using acupuncture you should needle perpendicular or at a slight angle.

Needle Depth Insertion



Shu stream example: Lv 3→Lv1, needle technique lifting & thrusting. Motion emphasized on lifting so the needle remains on the surface level, then give it a spin toward the lateral side of the body to disperse interior wind.

Exterior Wind use Li 4 insert perpendicular at superficial level then spin laterally to bring out pathogenic factor.

Stones that alleviate the 5 Accumulations

The five accumulations: Qi, Blood, Food, Phlegm, and Cold-Hot manifest through front Mu points. Jasper is a very good stone to use when there are any of the 5 accumulations.

1. Jasper (Hu Zi Shi): relatively more round and warming

   Internal: Gathers celestial Qi and goes into point to break up accumulation

2. Red Jasper

   Internal: Clams shen, cleanses aura, breaks up blood stagnation

   Directions: Place 7-9 peaces in a tub of water with sea salt this helps break up blood stagnation

3. Brown Jasper

   Internal: Clears uric acid build up in Kd, clears phlegm, improves night time vision, promotes lucid dreaming

   Extras: Good for past life regression, soul retrieval, & astral projection

4. Green Jasper

Internal: Physical illness, skin conditions, musculoskeletal problems, joints, Wei Qi level, nerves, bones, spasms

Extras: Good on He Sea points and Divergent channels

5. Yellow Jasper

Internal: Bone bi syndrome, phlegm & damp accumulation

6. Rain Forest Jasper

Internal: Good for All 5 Accumulations, breaks up phlegm stagnation and clears the throat

To draw out a pathogen needle superficial, deep, superficial

Extras: Jasper breaks up stagnation in house

Stones that work with Lou Points

1. Azurite (Kong Qing): Sweet, slightly cold Do Not Take Orally

Internal: Plum pit, eye pain , nourish shen, arteriosclerosis, powdered good for bone fractures and joint bi syndrome, genital pain, headache, low back pain, enhance semen production when placed on Kd 1

Extras: In a liniment with alcohol will cleanse Lou connecting vessel, if you walk on the stone (Kd 1) for 2 hrs once a week during the 3rd trimester will help encourage intelligent child. To help induce labor rub on the soles of the feet

2. Malachite: Slightly warm, slightly toxic & sour **Do Not Take Orally**

Internal: Opens Yin Tang, releases pent up emotion & helps change the way you view the world, regulates Lv Qi, helps you become a little more sensitive, reduces blood pressure, good for allergies, asthma, rub against sinus cavity for draining the nasal passage, on Lou pts. clears stagnation, promotes easy childbirth during delivery

Extras: If round, stone draws energy in and pulls energy out, relatively Yang (new) stone

Cleanse: Do not use direct water to cleanse this stone. Gat a large glass bowl, set another glass bowl with the malachite inside it, and steam cleanse for 20-30 minutes.

3. Sodalite **Do Not Take Orally**

Internal: Calming affect on the Hun, headaches, reduces high blood pressure, forgetfulness, disturbed dreams, good for grounding, muscular tension, used with Lapis to nourish the blood.

Acupuncture: Place between Lv 2 & Lv 3 to calm. Hold Sodalite in the left hand and Lapis in the right hand to calm Shen

4. Lapis

Internal: Nourish blood, harmonize blood

Directions: Guasha with Azurite then pound on point with Lapis

5. Hematite (Dai Chi Shi)

Internal: Asthma, descends Qi, regulate Lv, dissipates & breaks up blood stagnation, especially good for lower jiao blood stagnation, amenorrhea, helps the body absorb Iron

6. Labradorite: (Kd/Lv/Ht)

Internal: Moves energy down them moves Qi back up, Bao Mai communication for gynecological problems, lowers blood pressure, uric acid accumulation causing gout, dementia, benefits the brain, hormonal balancing, Kd Yin Qi, emptiness in the Kd, menopause

Extras: Stimulate Kd 1 by walking on Labradorite for 20 minutes will reduce hot flashes. Check for a floating pulse in the lower jiao. Will help stimulate pituitary, adrenal glands, & uterus. Works via Kd water → Lv wood → Ht fire (Ren 15 & Du 1)

7. Chalcedony (Yi Xue Shi): Spicy, bitter, sweet, warm (Ht/Lv/Sp)

Internal: Tonify Qi, tonify blood, increase lactation @ St 1, moves & cleanses blood, used with alcohol liniment helps to heal open sores

Gray & blue: Promote Jing, heals bruising, low back pain, herniated disc

White: Moves Qi & blood

8. Chrysocolla (Lian Bao Shi): Cool

Internal: Tendonitis, ligament tears, connective tissue problems, expels wind, lowers high blood pressure, premenstrual syndrome,

headache, mood swings, fibrocystic breast, severe burns,
sinews & bones, opens chest & tonifies Lu Qi

Stones that work with Divergent Meridians

1. <u>Fluorite</u> (Zhi Ying Shi): Sweet, salty, cold

Internal: Pestilent Qi, epidemics, opens sinus, expels phlegm, massage along the jaw to strengthen gums & bones, regenerate
Yin, moisten skin, break up cellulites, prevents infection from
settling

Green: Interior Wind Cold Phlegm viral condition

Purple: Cools blood

Yellow: Clears fire toxins manifesting in the skin, rheumatoid arthritis, neuropathy, MS

Blue: For shingles scrape Ub Shu Points

2. <u>Amethyst</u>: Sweet & cold (Sp/St/Ht/Si/Lu)

Internal: Sp/St divergent meridian, detoxifies hormones, insomnia, helps to protect during crisis (menopause, hormonal problems, puberty, career changes, death, divorce), cooling on skin
for acne that is inflamed

Extras: Internalization

Dark Amethyst: Nourish KD yin

3. <u>Amber</u> (Hu Po/Bai): Sweet, spicy, cold

Internal: Natural antibiotic, expels petulant Qi factors, stabilizes will, calms Shen, expels parasite, Candida, opens internal sphincters, hot phlegm accumulation

Acupuncture: Use on Lv 5, Li 7, Gb 36, or Si 6 for fire toxins. You can also tape the amber on points

Extra: Expels internal ghosts/demons (exorcism) the stone should be filled with various markings inside (can appear to look like insects trapped inside)

Concoction: 9.15 g., boil down to 2 cups, boil down to 1 cup

4. <u>Amazonite</u> (Di Qing Shi, Clearing Earth Stone): (Lv/Kd)

Internal: Very good for treating bone disorders (osteoporosis, tooth loss, tooth decay), calms Shen, brings blood into sinews & bones, Parkinson's Disease, migraine headache, Kd Yin xu with Lv blood xu, redirects absorption of Kd Yin and redirects blood to the Lv, clears environmental toxins

5. <u>Aquamarine</u> (Kong Hai Qing): Sweet, cold (Lu/Kd)

Internal: Phlegm, sore throat, swollen glands, hypersensitivity, antihistamine, regulates thyroid gland for hyperthyroidism, tonifies Lu Qi as a decoction, protects skin, stimulates Wei Qi, works well on Divergent meridians & Du Mai (Du 14), releases TMJ

Extras: Protects aura, is good for people who lack courage & will

6. <u>Aventurine</u> (Xie Shi): Lu phlegm/Lv blood

Internal: Malignant cancer (stimulate Ren 17), boosts body's immune system, stimulates thymus gland, tonify Lu Qi, clears phlegm stagnation, has an affinity for the Lv as it regulates &

removes blood stagnation, reduces blood pressure, arteriosclerosis, high cholesterol, clears intestines as it is descending, combine with Jasper or Talcum to prevent accumulation

Extras: Opens pent up emotions

Green: Physical healing especially veins

Red: Sadness, frustration, anger, resentment

Contra: Constipation

7. <u>Tourmaline:</u> Sweet (Kd/Lu)

Internal: Draws toxins away from Kd, exposure to radiation, brings Yang Qi out of Kd to push pathogenic factor out, tonify Kd Yang

Pink: Kd/Ht, Anxious, depressed, Ht & Kd not communicating

Green: Kd/Lv, Convalescence, moves Kd Yang to support Lv blood, declines libido

Yellow: Kd/Sp, Digestion

Black: Kd/Lu, Neuropathy, vitiligo, cold hands

Extras: It is the Ginseng of Stone Medicine, Powerful when used on Ren 8 with Moxa for 8-10 minutes

Decoction: Use Spring water, let soak ½ day, drink twice a week to prevent radiation (good if you are working on computers all day or on cell phone)

Acupuncture: For Sp & Kd Qi deficiency alternate Lv 13 & Ren 8 using Moxa, switch between the 2 points every 8-10 minutes

Red & Pink Tourmaline can work very well for Ht & Kd not communicating by taping them on Ren 8 during the night once a week

8. <u>**Bloodstone:**</u> Works on Lou points

Internal: Emptiness of the Lou, very good for clearing out blood, clears heat from blood, good for breaking up phlegm, promotes lymphatic drainage, promotes alkalinity & reduces acidity, Diabetes, excellent for Leukemia & Lymphoma, enhances the Thymus Gland

Decoction: 2 cups boil down to 1 cup

9. <u>**Garnet**</u>: Use Red clear stone (Ht/Sp)

Internal: Helps with the production of blood, good for low platelet count, nourish & harmonize blood, helps body to synchronize blood & regulate menses, great to use after blood transfusion

Acupuncture: Sp 10 harmonizes blood, St 30 & St 9 regulates Qi & blood

Extra

Cat's eye: Good for Wei Qi , respiratory issues as it affects the Lu, gets rid of rigidity and moves a person back to a state of innocence

Aventurine, Light Green Jade, Amazonite, light Agate detoxifies LV when working with patients with severe Shen disturbances